

It's an election year run a produce campaign!

Have fun while learning about the political process and fruits and vegetables



Involve the Whole School . . . and Community

- Teachers including health and physical education
- School nurse
- School food service personnel
- School and public librarians
- UNH Cooperative Extension
- Parents, grandparents, PTO, PTA
- Community dietitians -- try the hospital's outpatient clinic or community education department
- Children's clubs -- like 4-H and scouts
- College students -- try the nutrition, dietetics, home economics, nursing, and education departments

Have Each Student Research One "Candidate's" Background

- On the Dole Nutrition Program's CD-ROM, *5 A Day Adventures*
- On the internet

Centers for Disease Control and Prevention

<http://www.cdc.gov/5aday>

Dole Nutrition Program

<http://www.dole5aday.com>

Produce for Better Health Foundation

<http://pbhfoundation.org>

Identify Each Candidate's Platform and Winning Traits

- High in fiber, Vitamin A, or Vitamin C
- Member of the cabbage family
- New Hampshire native
- Great flavor and great color
- Crunchy and juicy
- Versatile
- Travels well
- Available fresh, frozen, and canned
- No cooking required
- Year-round leader
- Tastes great on pizza
- Fuzzy
- Tropical

Create Election Tools

- Ballot (page 2)
- Posters
- Fruit and veggie costumes
- Slogans
- Essays
- Ballot box
- Bunting

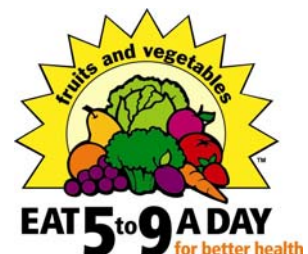
Invite the Whole School, Families, and the Community to "Meet the Candidates"

- Decorate hallways, gym or auditorium using posters and bunting
- Organize caucus meetings
- Hold debates
- Offer taste tests -- a "sampling of the candidates"
- Hold the election (See ballot on the next page. To make write-in ballots possible, you may want to remove some of the names before you make copies of the ballot.)
- Tally votes and report the results
- Ask young "reporters" to write a story about the campaign and election results
- Have winners and losers make speeches

Involve Younger Students

Even preschoolers and lower elementary grades can participate in a produce election!

- Ask the students for nominations. (This step is optional.)
- Create a ballot for younger students by drawing lines on poster board. Put one candidate on each line -- either a drawing or photograph. Limit the number of candidates to ten or less.
- Ask each young voter to cast their ballot by placing a brightly-colored sticker dot next to their favorite.



Vote for Your Favorite

Fruits

Vote for one.

- | | |
|--------------------------------------|--|
| <input type="checkbox"/> Apple | <input type="checkbox"/> Mango |
| <input type="checkbox"/> Apricot | <input type="checkbox"/> Orange |
| <input type="checkbox"/> Banana | <input type="checkbox"/> Papaya |
| <input type="checkbox"/> Blackberry | <input type="checkbox"/> Passion Fruit |
| <input type="checkbox"/> Blueberry | <input type="checkbox"/> Peach |
| <input type="checkbox"/> Black Beans | <input type="checkbox"/> Pear |
| <input type="checkbox"/> Boysenberry | <input type="checkbox"/> Persimmon |
| <input type="checkbox"/> Cantaloupe | <input type="checkbox"/> Pineapple |
| <input type="checkbox"/> Cherry | <input type="checkbox"/> Plum |
| <input type="checkbox"/> Cranberry | <input type="checkbox"/> Pomegranate |
| <input type="checkbox"/> Date | <input type="checkbox"/> Prune |
| <input type="checkbox"/> Fig | <input type="checkbox"/> Quince |
| <input type="checkbox"/> Grape | <input type="checkbox"/> Raisin |
| <input type="checkbox"/> Grapefruit | <input type="checkbox"/> Raspberry |
| <input type="checkbox"/> Guava | <input type="checkbox"/> Star Fruit |
| <input type="checkbox"/> Honeydew | <input type="checkbox"/> Strawberry |
| <input type="checkbox"/> Kiwifruit | <input type="checkbox"/> Tangelo |
| <input type="checkbox"/> Kumquat | <input type="checkbox"/> Tangerine |
| <input type="checkbox"/> Lemon | <input type="checkbox"/> Thimbleberry |
| <input type="checkbox"/> Lime | <input type="checkbox"/> Watermelon |
| <input type="checkbox"/> Logan Berry | |



Vegetables

Vote for one.

- | | |
|---|---|
| <input type="checkbox"/> Artichoke | <input type="checkbox"/> Mushroom |
| <input type="checkbox"/> Asparagus | <input type="checkbox"/> Mustard Greens |
| <input type="checkbox"/> Beet | <input type="checkbox"/> Navy Beans |
| <input type="checkbox"/> Beet Greens | <input type="checkbox"/> Onion |
| <input type="checkbox"/> Black-eyed Peas | <input type="checkbox"/> Okra |
| <input type="checkbox"/> Bok Choy | <input type="checkbox"/> Parsnip |
| <input type="checkbox"/> Broccoli | <input type="checkbox"/> Pea Beans |
| <input type="checkbox"/> Brussels Sprouts | <input type="checkbox"/> Pea Pod |
| <input type="checkbox"/> Cabbage | <input type="checkbox"/> Peas |
| <input type="checkbox"/> Carrot | <input type="checkbox"/> Pinto Beans |
| <input type="checkbox"/> Cauliflower | <input type="checkbox"/> Plantain |
| <input type="checkbox"/> Celery | <input type="checkbox"/> Potato |
| <input type="checkbox"/> Chicory Greens | <input type="checkbox"/> Pumpkin |
| <input type="checkbox"/> Chinese Cabbage | <input type="checkbox"/> Radish |
| <input type="checkbox"/> Collard Greens | <input type="checkbox"/> Rutabaga |
| <input type="checkbox"/> Dandelion Greens | <input type="checkbox"/> Scallion |
| <input type="checkbox"/> Eggplant | <input type="checkbox"/> Spinach |
| <input type="checkbox"/> Garlic | <input type="checkbox"/> Sprouts |
| <input type="checkbox"/> Green beans | <input type="checkbox"/> Summer Squash |
| <input type="checkbox"/> Green pepper | <input type="checkbox"/> Sweet Potato |
| <input type="checkbox"/> Kale | <input type="checkbox"/> Swiss Chard |
| <input type="checkbox"/> Kidney Beans | <input type="checkbox"/> Tomato |
| <input type="checkbox"/> Kohlrabi | <input type="checkbox"/> Turnip |
| <input type="checkbox"/> Leek | <input type="checkbox"/> Turnip Greens |
| <input type="checkbox"/> Lettuce | <input type="checkbox"/> Watercress |
| <input type="checkbox"/> Lima Beans | <input type="checkbox"/> Winter Squash |
| | <input type="checkbox"/> Zucchini |

Write-in Ballot

Fruit: _____

Write-in Ballot

Vegetable: _____